

BCPN Community Connection

March 2006

Keeping the community informed about prevention in Bay County

Volume 8, Issue 3

Dear Readers;

In this month's issue of Community Connection we will focus on National Parenting Awareness Month. The information provided is from the Parenting Awareness Campaign of Michigan to increase positive parenting skills for teaching child discipline and how to prevent alcohol, tobacco and other drug problems. This month, we will look at: What puts children at risk for substance abuse, what protects children from substance abuse and strategies to reduce youth access to alcohol.

What Puts Children at Risk for Substance Abuse?

Three types of *risk factors* increase the chances that children will turn to alcohol, tobacco, and illegal drugs.

- ♦ *Child risk factors*, such as serious behavior problems, attention-defecit hyperactivity disorder (ADHD), violent acting out, alienation, or rebelliousness.
- ♦ *Family risk factors*, such as communication difficulties, too much or too little discipline, parents' use of substances, and child abuse or neglect.
- ♦ *Environmental risk factors*, such as peer rejection, lax enforcement of purchase-by-minor laws, extreme poverty, neighborhood crime, and failure to do well in school.

Risk factors are more likely to lead to drug use if:

- ♦ They occur or begin in early childhood and continue through adolescence.
- ♦ Children are exposed to several risk factors at the same time.

What Protects Children From Substance Abuse?

Not all children -- even those exposed to many risk factors over a long period of time -- will develop substance abuse problems. They seem to be protected by certain conditions that researchers call protective factors, which also occur in three areas of life:

- ♦ *Child protective factors*, such as a positive attitude, an ability to adapt to changing circumstances, and a belief in one's ability to "handle things".
- ♦ *Family protective factors*, such as a close-knit family, warmth, consistent discipline, and parental supervision of children's daily activities.



Environmental protective factors, such as close friends, an extended family that provides support, community resources that families can turn to for help, and family and community attitudes that do not tolerate substance abuse.

Protective factors can decrease the harm caused by some risk factors and can prevent certain risks from developing into problems.

The more you reduce risk factors and increase protective factors, the more likely you are to succeed in preventing drug abuse among children.



Strategies for parents to reduce youth access to alcohol.

- ♦ **Monitor the alcohol supply in the home.** The primary source of alcohol for young teens who are just beginning to drink alcohol is their own home or a friend's home. Therefore parents can reduce youth access to alcohol by keeping alcohol out of the home or making it inaccessible to their children. Almost 75% of 7th graders who drink alcohol obtain it from their parents with or without their parents' knowledge.
- ♦ **Talk with other parents.** Parents can talk with other parents to make sure underage alcohol use will not be permitted in the homes where their children visit. Parents should also check to make sure the alcohol supply of other parents is inaccessible to youth and that they will not allow unsupervised parties or gatherings.
- ♦ **Parents should never purchase or provide alcohol to underage youth.** This may send them the message that drinking is okay and it may increase the child's risk of problems related to alcohol use. One study found that teens whose parents or friend's parents provided alcohol for parties were more likely to; drink, drink heavily, get in traffic crashes, be involved in violence and participate in thefts.
- ♦ **Begin or join community efforts to reduce youth access to alcohol.** When it comes to protecting the health and safety of children, parents are often the most visible and effective leaders. In Bay County, you can become involved by calling the Bay County Prevention Network at (517) 895-3510.





"Parent Involvement & Education Center" **NOW OPEN**

Along with other parents of children from birth through age five who reside in the Bay City Public district, you're invited to visit the *Parent Involvement & Education Center*...a special new place where you'll learn additional ways to help you be your child's first and best teacher.

Location: 805 Washington Avenue (In the heart of Downtown Bay City next to Chemical Bank)

When: 8:00 a.m. to 4:00 p.m.

WORDS YOUR CHILD NEEDS TO HEAR

'I'm so lucky to have you'

'You are a great helper'

'I like it when you try so hard'

'Let's talk about it'

'I'm sorry'

'You're very special to me'

'Thank you for being patient'

'You're a great kid'

'I love you'

3rd Annual Red Sock Hop Lock In 2006



The 3rd Annual Red Sock Hop Lock In took place on February 11th & 12th, at the Civic Arena. More than 400 local teens turned out for the event. Of that total 150-175 stayed the entire night. Our goal was for youth to realize they can have fun and socialize without alcohol and other drugs.



Federal, State and Local dollars, help support the cost of this project.

Each year, the CAAPT Committee (a subcommittee of the Bay County Prevention Network) and local SADD Chapters set this event up to be a night of good, clean fun for young people. Teens ice skated, watched movies, played cards, danced and participated in a wide range of activities, including a scavenger hunt, human bowling, a pudding eating contest, turkey bowling and other activities under the watchful eye of chaperones. Most of the money for the event is donated by civic organizations and businesses in the area who think the lock-in is a good idea and serves a useful purpose.



The CAAPT Committee would like to send a big **THANK YOU** to all of the sponsors and also to all of the volunteers who helped make the event a success.



Trombley House Breakfast Fund Raiser

There will be a pancake and sausage breakfast to benefit Trombley House on:

When: Sunday, March 5

Where: St. Mary's Church, 607 E. South Union

When: 9:00 until 12:30.

Tickets are \$5.00 for adults and \$3.00 for children.

There will also be a bake sale and 50/50 raffle. Tickets are available to at the Museum next to City Hall or you can call 892-1136. All proceeds will go to the roof and gutter project being completed at Trombley House.

NOTE FROM THE PUBLISHER *Thank-you* to all subscribers who responded to the survey that was sent with the February edition of the calendar and newsletter. Your responses will help us continue to produce a quality publication that benefits our community and families. Please contact us at, 895-3510, with any suggestions.